Kim Schneiderman is the new Executive Director of the NAMI SW WA after being board President for NAMI Oregon and NAMI SW WA. She held the position in Oregon for 6 years and was lucky enough to be involved in helping a small struggling organization become the powerhouse that it is today. Kim said, “I believe that my experience in both the non-profit and for-profit worlds allow for a unique perspective that is beneficial.

I have watched NAMI grow and change over the years and am familiar with the differing roles of the affiliates having both served on a state and a local level.”

Kim also has experience with government and mental health agencies, the department of corrections in many forms, state and local hospitals, residential providers, substance abuse providers “and the many other things that can impact a person dealing with their own or a loved one’s illness.”

She spent almost 20 years at PayLess Pharmacy then moved to Geneva Woods Pharmacy which was acquired by CVS Healthcare; focusing on mental health. Kim has plenty of experience and time working in mental health services and has several family members who have mental health conditions. Kim has two daughters, one lives locally and the other lives in Nevada. She attended the first NAMIWalks NW when

Continued on Page 3
NAMI is important to me.

I have been involved for many years and devoted thousands of hours of volunteer time to various affiliates and functions of all kinds. If you know me, you’ve heard of NAMI. I made a pledge to myself many years ago that I would try to tell one person a day about what NAMI does and I have tried to fulfill it. Over the years many people have found their way to NAMI after a chance exchange with me or thought of it when someone else needed it.

I have always said that my job got in the way of my volunteer work. To be here at NAMI Southwest Washington, doing what I am now, is the best blending of both.

NAMI SW WA has an incredible staff, volunteers and board members, all working together to make this the best organization it can be. I am awed by all of them. We are all fitting together as though we’ve known each other forever.

The many other NAMI affiliates, both local and state have been welcoming, sharing information, ideas, support, and stories. It’s like having hundreds of siblings, cousins, aunts, and uncles. It why we’re referred to as the “NAMI Family” so often.

We’ve experienced lots of transition lately, with several beloved staff members retiring, or moving on to other phases of their lives. We will love and miss them (even though no one ever really leaves NAMI), and also look forward to the flow of new ideas that come with change and new people looking at the old problems in new ways.

We have more transition on the horizon. The Vancouver location will be moving, more on that to come later. We will be placing a renewed focus on our beloved Cowlitz location. They do an amazing amount of work for 3 part-time people, who touch and change many lives.

We will bring more of our classes and programs out into the community, do more presentations, and engage more folks in our mission.

More and more people are asking to be a part of it all. I’ve had requests from 8 people this week asking to either become a volunteer or come back as a volunteer.

Our Expressive Arts Group led by super volunteers and artists Linda and Georgia had a large attendance of folks creating, laughing, and enjoying themselves.

This is all so much fun.

I’d like to ask all of you to drop in, call or email. I want to get to know you and you, me. If you’re reading this, we already have much in common. I’d also ask for you to join my pledge, to tell one person a day what NAMI is and does. You have no idea when that knowledge will change the life of somebody.

-Kim
500 people went. Attendance is now up to 7,000.

Kim’s philosophy in her own words, “I believe that nobody really knows what goes on in another’s mind. We are all unique individuals and hold thoughts and beliefs that are particular to us. It’s when those thoughts and beliefs cause distress/pain to ourselves or others that it needs to be addressed. We need to give people the ability to find their own place of recovery, be there for them when they need us and in cases where someone is in absolute distress have compassionate ways to protect them.”

To maintain mental wellness, Kim likes to walk, play with her dog and cat, disconnect from the world with a good audiobook and listen to music.

She has volunteered thousands of hours over the years to various NAMI organizations and is excited to be able to go to work every day at a place that she loves so much.

Kim adds, “I appreciate most of all that with all the good that NAMI does, it’s the only place that helps family members when they feel lost and forgotten.”
Healthy Self-Esteem Quiz

WHY IS SELF-ESTEEM IMPORTANT TO MENTAL HEALTH?

Low self-esteem is not categorized as a mental health condition in itself, however many people who experience mental health conditions are at risk for having low self-esteem. There are also clear links between the way we feel about ourselves and our overall mental and emotional well-being.

Your self-esteem evolves throughout your life as you build an image of yourself. This image may be positive or negative depending on the kinds of experiences you have. Some examples of these experiences may include:

<table>
<thead>
<tr>
<th>POSITIVE EXPERIENCES</th>
<th>NEGATIVE EXPERIENCES</th>
</tr>
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<tbody>
<tr>
<td>✓ Your positive experiences with people and activities</td>
<td>✓ Negative experiences with people and activities</td>
</tr>
<tr>
<td>✓ Your achievements and successes</td>
<td>✓ Failures and losses</td>
</tr>
<tr>
<td>✓ Feeling likeable and loveable to family and others</td>
<td>✓ Experiencing abuse, neglect, harsh treatment by family or others</td>
</tr>
<tr>
<td>✓ Feeling in control and responsible for your life</td>
<td>✓ Feeling lack of control in life</td>
</tr>
<tr>
<td>✓ Learning from your mistakes</td>
<td>✓ Thinking that mistakes make you bad or imperfect</td>
</tr>
</tbody>
</table>

When you have healthy self-esteem, it shows you value yourself, feel confident in your abilities and have generally positive relationships with others.

Healthy self-esteem can lead to a better quality of life including:

✓ Confidence in your ability to make decisions
✓ Assertiveness in expressing your needs and opinions
✓ Ability to form secure, healthy relationships
✓ Less likely to stay in unhealthy relationships
✓ Less likely to be overcritical of yourself and others
✓ Better able to handle stress and setbacks

Expressive Arts Group
Fridays from 1:00 pm - 4 pm
Supplies Provided
DO I HAVE LOW SELF-ESTEEM?

You may be wondering how your self-esteem rates. There are many measures of self-esteem. Taking the following quick quiz can help you identify if you may have low-self-esteem.

<table>
<thead>
<tr>
<th>Self-Esteem Quiz</th>
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<tbody>
<tr>
<td>Circle T if the statement is currently true for you most of the time.</td>
<td>Circle F if the statement is currently false for you most of the time.</td>
</tr>
<tr>
<td>T or F</td>
<td>I can discuss my good qualities, abilities, and successes with others.</td>
</tr>
<tr>
<td>T or F</td>
<td>I can assert myself with someone who I believe is violating or ignoring my rights.</td>
</tr>
<tr>
<td>T or F</td>
<td>I am content with who I am, how I act, and what I do in life.</td>
</tr>
<tr>
<td>T or F</td>
<td>I do not have feelings of insecurity or anxiety when I meet new people.</td>
</tr>
<tr>
<td>T or F</td>
<td>My life is balanced between work, family, social life, spiritual life and fun.</td>
</tr>
<tr>
<td>T or F</td>
<td>I have positive connections with others at home, at work, and in the community.</td>
</tr>
<tr>
<td>T or F</td>
<td>I can decide to make positive changes in my own life.</td>
</tr>
<tr>
<td>T or F</td>
<td>I am proud of my achievements at school, work, home, and in the community.</td>
</tr>
<tr>
<td>T or F</td>
<td>I am a good problem solver.</td>
</tr>
<tr>
<td>T or F</td>
<td>My thinking is free of irrational beliefs or fears.</td>
</tr>
<tr>
<td>T or F</td>
<td>I am willing to experience conflict, if necessary, to protect my rights.</td>
</tr>
</tbody>
</table>

If you marked F for 3 or more of the above questions, you may want to work at developing a healthier self-esteem.
How to overcome low self-esteem

You ARE good enough to go for that job, and NO you don't annoy all of your friends. Here are the most common thoughts a poor self-image can lead to, and how to stop them from overcoming your life.

By Christine Webber
21/12/2018

Can't shake the feeling that your life sucks and you deserve it? We speak to Harley Street psychotherapist, broadcaster and health writer Christine Webber about overcoming low self-esteem.

Studies have linked low self-esteem and poor self-image with a variety of problems that can affect anything from the way you view your career to the way you conduct your relationships. Here are some of the most common problems low self-esteem can cause – and how to overcome them:

1. You hate yourself

While there are times when we all dislike who we are, loathing your thoughts and actions is a classic sign of low self-esteem. Self-hate is characterised by feelings of anger and frustration about who you are and an inability to forgive yourself for even the smallest of mistakes.

Turn things around

Change your internal dialogue: An internal critic fuels self-hate, so step one is to silence the voice in your head by consciously making yourself repeat a positive response for every negative thought you have. Why be your own worst critic? If you wouldn't say it to your best friend, don't say it to yourself.

Forgive yourself for your mistakes: No one is ever all good or all bad. Doing something you regret doesn't make you an awful person, just as doing something good doesn't make you a saint.

Challenge your negative self-beliefs: It's likely that your sense of who you are is outdated and has been passed to you from others such as your parents, ex-partners and colleagues. Don't be afraid to rewrite your own script – it's your life.

2. You're obsessed with being 'perfect'

Perfectionism is one of the more destructive aspects of low self-esteem. A perfectionist is someone who lives with a constant sense of failure because their achievements, no matter how impressive, don't ever feel quite good enough.
Turn things around

Set realistic expectations for yourself: Consciously think how reasonable and manageable your goals are before striving for them, remembering that life in general is imperfect.

Recognise there is a huge difference: between failing at something you do and being a failure as a person. Don’t confuse the two.

Stop sweating the small stuff: Perfectionists tend to nitpick at insignificant problems. They forget to view the bigger picture and take pride in that.

3. You hate your body

A negative body image is often linked to low self-esteem and vice versa. This means it can affect everything from how you behave in relationships to how you project yourself at work. It can even prevent you from looking after your health, as you feel unworthy.

Avoid comparing yourself to others: Comparison is the thief of joy, and leads only to insecurity. Accept that everyone is different and remember where your strengths lie.

Look after your health: A healthy diet and daily exercise regime will not only make you feel physically more able, but also leads to the release of endorphins, the body’s feel-good hormones.

Take care of your appearance: People with a poor body image often stop making an effort, believing there is 'no point'. Do three positive things today for your looks.

Getty Images

4. You think you bring nothing to the table

We all doubt our ability in certain areas of our lives, but a deep-rooted sense of worthlessness comes from believing that somehow we are not as valuable as others. If this sounds familiar, it’s important to understand that feeling worthy isn’t something given to us by others, but something we have to build ourselves.

Accept we all come with our own unique talents: We have to take pride in these to believe we are worthy people.

Stop thinking others are better than you: While it's fine to think highly of others, it's irrational to translate this as meaning they are 'better' than you. Admire others' traits, but not at the expense of your own.

Be aware that we teach others how to treat us: Practise projecting yourself as someone whose opinions are just as valid as others, and
5. You're oversensitive
Being too sensitive is one of the more painful aspects of low self-esteem. Whether you're angered by criticism or literally feel demolished by any comment that's directed at you, it's important to desensitise yourself.

Turn things around
Really listen to what's being said: This way you can evaluate whether a comment is true or not, before deciding how you feel about it.
Stand up for yourself: If the criticism is unfair, say you disagree.
Be proactive: If there is some truth in it, learn from what's being said, rather than beating yourself up about it. Constructive criticism can be exactly that, provided you take the comments on board and make changes for the better.
Move on: Replaying over and over what's upset you only anchors the memory to you – which won't help.

6. You're fearful and anxious
Fear and a belief that you are powerless to change anything in your world are irrefutably linked to low self-esteem.

Turn things around
Discriminate between genuine fears and unfounded ones: Challenge your anxieties with the facts. For instance, you may feel it's pointless to go for a promotion because you don't think you can get it. How true is this statement when you look at the evidence?
Build confidence by facing your fears: Draw up what's known as a fear pyramid, placing your biggest fear at the top and your smallest fears at the bottom. The idea is to work your way up the pyramid, taking on each fear and boosting your belief in your abilities as you go.

7. You often feel angry
Anger is a normal emotion, but one that gets distorted when you have low self-esteem. When you don't think highly of yourself, you start to believe your own thoughts and feelings aren't important to others. Repressed hurt and anger can build up, so something seemingly small can trigger outbursts of fury.

Turn things around
Learn how to remain calm: One way is to not let your feelings simmer away until you explode. Instead, express how you're feeling at the time.
Remove yourself: If the above doesn't work, step away from the situation and breathe in long slow breaths to reduce your heart rate and bring your body back to a relaxed state.
Don't over do it: People with low self-esteem often over commit then feel bitter as they struggle to cope. Try to take on only what you want and would like to do.

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<thead>
<tr>
<th>Monday</th>
<th>Women’s Support Group</th>
<th>11:30-12:30 am</th>
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<tr>
<td>Tuesday</td>
<td>STRrive First Steps</td>
<td>3:30-5:00pm</td>
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<td>Wednesday</td>
<td>Women’s Support Group</td>
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<td>Thursday</td>
<td>Support Group</td>
<td>3:00-4:30pm</td>
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<td>Thursday</td>
<td>Connection Recovery</td>
<td>3:00-4:30pm</td>
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<td>Friday</td>
<td>Creative Writing for Wellness</td>
<td>12:00-1:00pm</td>
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<td>Friday</td>
<td>Expressive Arts</td>
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Unforeseen circumstances may cause a group or class to be cancelled. Please call ahead to confirm.
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<thead>
<tr>
<th>Day</th>
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<tr>
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<td>Office hours</td>
<td>10:00-4:00</td>
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<td>MONDAY Office hours</td>
<td>10:00-4:00</td>
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<td></td>
<td>Dual Recovery Anonymous</td>
<td>1:00-2:00pm</td>
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<tr>
<td>TUESDAY</td>
<td>Table Top Games</td>
<td>2:00-4:00pm</td>
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<td>TUESDAY Office hours</td>
<td>10:00-4:00</td>
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<td>WEDNESDAY</td>
<td>Expressive Arts</td>
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Psychoeducation and tools for a successful and sustained mental wellness. Drop in.

Support for friends and family of people who have a mental health diagnosis. Drop in

Peer support group for those affected by mental health challenges. Drop in.

Disability/Work Incentives Counseling

Call 360-695-2823

Information line 9-5 Monday-Friday

By Appointment

Call 360-695-2823

Provides support and resources
8. You're a people pleaser
One of the biggest problems with low self-esteem is feeling you have to please others so that they like, love and respect you. As a result many people-pleasers end up feeling aggrieved and used.

➡️ Turn things around

Learn how to say no: Your worth doesn't depend on others' approval – people like and love you for who you are, not what you do for them.

Be selfish sometimes: Or at least think about your needs for a change. People with a healthy self-esteem know when it’s important to put themselves first.

Set limits on others: Feeling resentful and used stems from accepting things from friends and family that you personally feel is unacceptable. Start placing limits on what you will and won't do and your resentment will ease.

---

April 25, 4:30 - 7:00 pm
Open to anyone

NAMI SW WA PRESENTATION WITH CINDY FALTER FOR

SOCIAL SECURITY DISABILITY

Lite dinner and a presentation about how to apply for disability and social security

If you cannot attend the presentation, we offer help with applying for Social Security and Disability. Call the Vancouver office at **360-695-2823** and make an appointment with Cindy Falter, she is here on Tuesdays and Thursdays. Cindy will let you know if you are eligible and will help you apply.
Earn Dollars for NAMI SW WA by shopping at Fred Meyer!

Here’s how it works:

- Sign up for the Community Rewards program and/or use your existing card by linking your Fred Meyer Rewards Card number to NAMI at www.fredmeyer.com/communityrewards.
- You can search for us by our name NAMI or by our nonprofit number 87058

Support NAMI SW WA through AMAZON Smile when you shop!

Go to: https://smile.amazon.com

Log-in with the same username and password you use for your Amazon account.

- Type in NAMI Southwest Washington as the charity you want to support and select!
- Shop and save the link for the next time you shop your Amazon account.
- .05% of all of your purchases will be credited as a donation.
- Please sign-up today

Columbia River Mental Health Services

Providing mental health & chemical dependency treatment for adults & children in Clark County.

Lives change here!

MAIN CAMPUS
6926 NE Fourth Plain Blvd., Vancouver
(360) 993-3000, info@crmhs.org

NORTHSTAR
6926 NE Fourth Plain Blvd., Vancouver
(360) 993-3000

HAZEL DELL
9105 Hwy 99 Ste. 201A, Vancouver
(360) 597-9721

BATTLE GROUND
18 NW 20th Ave, Ste. B, Battle Ground
(360) 597-9731

We accept most insurance including Apple Health.

CRMHS.ORG

Recovery Family Therapy Community
Behavioral Health Services at NAMI SW WA

We offer adult mental health counseling services for individuals who reside in Clark or Skamania county. We are licensed by WA State and services are provided through Washington Apple Health (Medicaid). People who have been assigned either Molina Healthcare of Washington, Community Health Plan of Washington, or Amerigroup are eligible.

We provide:
- Solution-Focused Counseling
- Expressive Therapies
- CBT
- TF-CBT
- MSBR
- ACT
- DBT

Our amazing BHS staff Deanna Davis, Catherine Lee, Ray Jensen, and Director of BHS Angie Cruz

Are you on a wait list to see a therapist? NAMI SW WA can complete an intake within 2 weeks and provide a counselor within 5 working days after that.

Our clinic’s atmosphere is warm and inviting. You will always be treated like a person, not a number, a diagnosis, a label, or someone who is less-than.

Our therapeutic staff are dedicated to providing quality, confidential, and individualized care.

If it will benefit you, we will immediately link your therapy with NAMI SW WA’s no charge confidential support and educational services.

Call 360-695-2823 to learn more about behavioral health services.

To Former and Future Volunteers

Please Reach Out to Us!

We’re interested in showing you where NAMI SW WA is going next with exciting new changes and opportunities!
Hello Cowlitz County!!!

Come celebrate "Mental Wellness" with us! Stop in and let us share information on services we offer to all those living with mental illness as well as their loved ones, friends, and caregivers all at no charge. Our staff and facilitators are peers with lived experience. We offer a safe, inviting, confidential environment for all.

Are you curious and have questions about what we have to offer to those in our community or perhaps you are involved with an organization or church that would like to let others know about us? Please call Suzanne, our dedicated Outreach Coordinator, at 360.949.6188 to schedule a presentation. Suzanne is a peer as well and would love to talk to your group and answer any questions you may have.

Our next Peer to Peer class begins Monday, March 4 and runs through April 22 for 8 consecutive weeks. This is an educational class for those in recovery who want to gain additional tools to help themselves in the future. Our facilitators for this session will be Leeann and Zach. Please call to register at 360.703.6722 and I'll add you to our waiting list. You must be registered to attend.

We are planning another Family to Family class sometime this next quarter so get registered now by calling our office. NAMI Family to Family classes support the families and friends of loved ones with mental health differences. The worry and uncertainty can leave you feeling pretty lonely, but you are not alone. In fact, 1 in 5 families is dealing with mental health issues with someone they love. This course covers everything from brain biology to effective communication and how to respond in a crisis.

If you have extra yarn and crochet hooks gathering dust, please think about donating for a new group we will be starting shortly. We have ten individuals on the list so far, so whatever supplies you have, would be much appreciated.

NAMI SW WA is a non-profit and the only way to keep our doors open is through generous donations from you. Please make a commitment to donate generously and remember, all donations are tax deductible. We have to continue our very important work in Cowlitz! When you give, please make a note that the donation is for the Cowlitz office, that way it stays in our community!

Surround yourself with positive people, continue doing things that warm your heart.

If you are given the opportunity, really listen to someone who feels there is no hope. You could be that one person who makes all the difference to them.

Peace,

Jan

Jan Kell
Cowlitz County Coordinator
Bulletin Board

In Vancouver
Women’s Support Group Gather with other women overcoming mental health challenges in a supportive, inclusive, and trauma-informed environment. In Vancouver: Wednesdays, 10:00 am–11:30 am. Drop-ins welcome.

Creative Writing for Wellness All Experience Levels Welcome! This is a group that comes together to help each other recover through the writing process and improve writing skills. In Vancouver: Fridays, 12:00 pm–1:00 pm. Drop-ins welcome.

FANG Family Advocacy Networking Group
In Vancouver: Meets second Tuesday every month, 12:00 pm–1:30 pm.

In Longview
Table Top Games Tuesdays 2-4pm, great time and place to relax and just have fun with friends! We supply the board games and you bring the FUN! Bring your favorite game. In Longview. Drop-ins welcome.

Peer-to-Peer NAMI Peer-to-Peer is an educational program for adults with a mental health diagnosis who want to better understand their condition and journey toward recovery. Registration Required. March 4—April 22.

In Longview & Vancouver
Expressive Arts Group Become inspired by others and join a caring community of people being creative. Creativity is an excellent way to connect with others and supplement recovery. This group is led by two excellent artists, Georgia Gerrior and Linda Harbaugh. Supplies Provided free of charge. In Vancouver: Fridays 1:00 pm—4:00 pm. In Longview: Wednesdays, 10:00 am–4:00 am. Drop-ins welcome.

Signature Classes
Classes starting soon in Vancouver and Longview (dates and times to be determined).

Family and Friends is a 90-minute presentation that provides information, and help for family and friends of a loved one with a mental health diagnosis.

Sign up online at namiswwa.org or call 360-695-2823 (Vancouver) or 360-703-6722 (Longview) to register. There is no charge to attend these classes.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!